

Silver Banner

Winter 2013

Issue 77

Editor: Kelly Pizzi

Mission Statement:

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, and Washington.

Inside this issue:

Hilltown Notes Hilltown Health-worker	2
COA Van Update	3
Elder Services	3
Meal Site News	3
Hello & Goodbye	
Senior Center Events	4
Announcements	4
Online Safety Veteran's Agent	5 5
Volunteer Focus: LIFE Program with Jean Poopor	6
Entertainment & Brain Exercise	7
Dalton Senior Pro- gram Schedule	8
Volunteers Needed	8
Off-Site Events	8

DALTON SENIOR CENTER CELEBRATES THE HOLIDAYS



Dalton seniors from the community, Craneville Place, Sugar Hill and those who utilize programs at the Dalton Senior Center were served a delicious holiday meal prepared by Elder Services on December 20th. Volunteers served 128 people.

Guests were treated to several special events this year. Students from Saint Agnes' third grade choir sang and led the group in Christmas Carols! The

children were led with music accompaniment by Mr. Dick Mullins playing the keyboard and the students music teacher Mr. Jim Stankiewicz who played the accordion.

During the event Perry (Persis) Caverly was presented a certificate by Select Board Chair John Boyle who expressed the towns appreciation for her twenty-two years service to the Council on Aging Board. Home for the holiday, her son John was able to witness the presentation along with her husband Donald.

Guests won several raffle prizes provided by Sugar Hill, the Friends group and the Senior Center. It was a great time for all!

AARP TAX-AIDE BEGINS FEBRUARY

For more than a decade the senior center has completed federal and Massachusetts tax returns for seniors. Last year we served more than 80 clients in Dalton. This program is sponsored by AARP in partnership with the IRS, with no charge to clients.

Dick Lacatell and Anne Uberty were tax counselors in Dalton last year and are trained and tested by the IRS. They will be completing returns again in 2012. The Tax-Aide program files only basic tax returns and is focused on the types of returns filed by seniors.

Appointments fill quickly and those requesting assistance are encouraged to call early. Clients will be helped starting in February and will run through March. Call Sarah or Kelly at the Senior Center for more information about the program or to schedule an appointment.

HILLTOWN NOTES

BECKET HIGHLIGHTS:

IN THE WORKS:

February: The Otis Lyons Club has invited Becket Seniors to Celebrate Valentines with a wonderful dinner. Please call Sonny for details.

May 15: Trip! We are planning to visit the Deerfield MA Butterfly Museum, Yankee Candle and then have lunch at the famous Chandler Restaurant! More details to follow!

ONGOING PROGRAMS:

***Brown Bag the third Friday of the month
Blood Pressure the third Tuesday monthly
Pot Luck the fourth Friday of the month***

Submitted by Joan Moylan

Washington Updates

We will be continuing with our potluck dinner at the Town Hall followed by a movie on the 3rd Friday of the month at 5:30PM.

We need volunteers and board members to keep things going and offer more activities.

Board members meet once a month to share ideas and plan activities.

Volunteers are needed to help set up for the monthly pot luck dinners, run the projector, and clean up. Please e-mail or call if you are interested in helping.

washingtoncoa@gmail.com

413-394-0003

Rose Borgnis Washington COA
Chairperson

NEW HILLTOWN COMMUNITY HEALTH WORKER

My name is Mary Wheelan. Some of you may know me because of my prior work with Hilltown social service agencies. I now have a new job. I am a Community Health Worker in the HealthWise program. My office is at the Hilltown Community Health Centers at Worthington but I will be meeting with individuals, families and groups in other locations as well. My position is funded by a grant from the Massachusetts Attorney General's Office. The funds became available as a result of a settlement with a pharmaceutical company.

I will be working with community residents whether or not they are patients at the health center. There is no fee for my services and no time limit. The number of sessions is based on what you actually need, not on some pre-determined time range.

My job, in a nutshell, is to provide patient-centered services in the community to improve patient care and outcomes. For instance, your health care provider may want you to make some major change in your life that would likely improve your health and overall well-being. Such changes are not easy. Knowing what you need to do and actually doing it are two different things. Being able to discuss plans and strategies with me individually or in a group may make the difference you need to accomplish your goals.

As a former smoker I know how difficult it can be to make such changes. I also know how much better you can feel by taking charge of your health and getting whatever support you need to accomplish your goals. Your doctor can give medical advice but only you can bring about the changes needed to live a full, active and healthy life.

I would like to start a group for people interested in improving their health in a peer support format. If you are interested please let me know. The location, time and frequency of group sessions will be based on the needs of members. For more information or to schedule an appointment with me you can phone me at 413-238-5511 x 149.

Submitted by Mary Wheelan, Health Worker

NEWS FROM DALTON

Council on Aging VAN Update

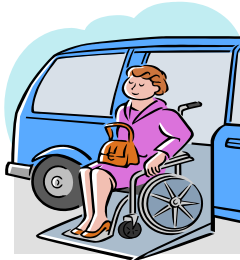
The Counsel on Aging would like to extend a Thank You to Dick Lacatell and the Friends of the Council on Aging who was awarded \$2,500 to assist with the Van expenses targeting the needs of persons with disabilities.

The COA van is able to carry individuals to medical appointments, marketing, personal care appointments such as hairdresser/barber, Dalton Senior Center events; and even the Berkshire Mall if time permits. Senior Center trips for meals and activities cost the consumer \$1.50 each way (\$3 round trip). Appointments in the community cost \$3 (\$6.00 round trip). Hours of operation are 8:00 am—3:00 pm.

The van is predominately used by persons over 60. The age of the rider does not matter if the person has a disability. The BRTA, Berkshire Regional Transit Authority, has applications available for individuals who meet the ADA (American with Disabilities) guidelines. Discount cabulance and chair car service for longer distance and later hours.

Trips to medical appointments and the meals program are priority and at times riders will need to carpool in order for us to accommodate as many needs in the community as possible.

Also important to note, in the event of dangerous driving conditions the van may be cancelled. The safety of our riders and the drivers is priority. Every effort will be made to negotiate new appointments at the earliest date with your providers. Please call Sarah for more information. 413-684-2000.



\$75,000 Shortfall in Elder Services Meal Budget

Elder Services is committed to not raising the suggested donation for home delivered and meal site offerings (currently \$2) for those over 60. A modest increase was instituted for those under the age of 60 (now \$7). Please remember to make a donation of any amount if you can afford to do so. If you can afford a bit more, the nutrition program will be grateful and you will help those who are unable!

The Good, the Bad and the Good Again!

Have you ever had one of those situations where something good brings on a not-so-good consequence; but everything turns out all right in the end? So it is at the Dalton Senior Center. First our Sarah shared the happy news that her family was growing; sadly that brought a leave of absence, which happily brought us Kristin Coyne. Kristin has done a wonderful job filling in for Sarah while Joseph, Sarah and Joey acquainted themselves with Grace.

As Sarah returns to her place with us we would like to extend a heartfelt thank you to Kristin. She has provided top quality service for us these past three months.

But that also brings us to a new cycle of good, bad, good.... Even though Kristin must leave us, Sarah will be back and at least for a time you will see Kristin helping out that the Town Hall. We wish Kristin the next "good" in her life and the best for her future!

SENIOR CENTER EVENTS



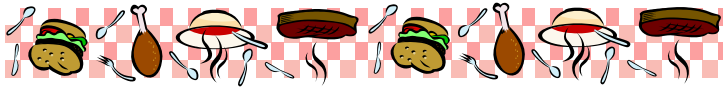
Tuesday, Wednesday & Fridays
Beginning February 1, 2013

Soup & Sandwich

12-1:00 PM

24 hour sign up required

Cost: \$4.00



Movie Night

Note: some movies may have objectionable content.
 Every effort is extended to provide "family friendly" movies; however even PG13 selections may be uncomfortable in mixed audiences.

January 10 - Comedy

February 14 - Romance

March 14 - Drama

Please call the Dalton Senior Center for selection as viewing will depend on local availability. Suggestions are welcome!

HOLIDAY OBSERVANCES 2013 SENIOR CENTER CLOSED:

New Years Day - January 1
 Martin Luther King Day - January 21
 Presidents Day - February 18

DAYLIGHT SAVINGS: MARCH 10 "SPRING BACK"

COMING THIS SPRING!



2013
90+ BIRTHDAY PARTY

~
GRACEFUL AGING SERIES

POSSIBLE EVENTS THIS SPRING:

Richard Clark Presents:
MARK TWAIN (May 2013 IF FUNDING
 SECURED THROUGH CULTURAL COUNCIL GRANT)

~
BERKSHIRE TROLLEY CARS

Watch the Bulletin Board and
 calendar for dates and times, and
 additional listings!

WANTED!

**SCRABBLE PLAYERS FOR
 WEDNESDAYS 1 - 3
 CALL IF INTERESTED**

Final Registration

Chicken Soup

Cook Off!

Registration due by

January 15

Judging January 22



FYI

Massachusetts Police Association will be conducting its annual Fund Raiser through mid February. Tickets to a Comedy Show in Cambridge MA are being offered. The COA has a list of the callers if you wish to confirm before you donate (payment will be picked up); or you can call MPA at 1-617-965-0222.

ONLINE SAFETY

Health care professionals and the federal government take your health information privacy seriously. You should too.

Take Control. Protect Your Health Information.

HIPAA protects your health information when it is held by most health care providers, health insurers, and other organizations operating on behalf of your health care provider or health plan.

However, it's also important to protect health information that you control. *If you store health information on your personal computer or mobile device*, exchange emails about it, or participate in health-related online communities, here are a few things you should know:

- While the HIPAA Privacy and Security Rules are in place to protect and secure your health information when it is held by your health care provider (such as your doctor or hospital) or health insurance company, those laws do not apply if you share your health information with an organization that is not covered by HIPAA. For example, if you post that information online yourself — such as on a message board about a health condition, it is not protected by HIPAA. **Never post anything online that you don't want made public.**
- Your doctor uses tools to protect and secure your health information at his or her office. You can do the same at home. If you have health information stored on your home computer or mobile device — or if you discuss your health information over email — simple tools like passwords can help keep your health information secure if your computer is lost or stolen.

There are medical identity thieves that could try to use your personal and health insurance information to get medical treatment, prescription drugs, or surgery. The best way to protect yourself against this possibility is to make sure you verify the source before sharing your personal or medical information. Safeguard your medical and health insurance information and shred any insurance forms, prescriptions, or physician statements. For more information about medical identity theft, visit the [Federal Trade Commission \(FTC\)](http://www.ftc.gov) website to learn how to protect yourself.

If you store your health information online, you should be sure to read the website's privacy policy and terms of service. For practical additional tips to help you protect and secure your health information online, visit: OnGuardOnline.gov.

reprinted from HealthIT.gov

You don't have a computer or internet access? Don't let that stop you from researching the health and financial information you need. Reserve time on one of the Senior Center laptops or bring in your own WiFi capable laptop and use our internet. Call for time and computer availability.



Its free!

VETERAN'S AGENT

OFFICE HOURS AT THE DALTON SENIOR CENTER

Thursdays 4:30-7:00

Did you know?

The "The Silver Banner" is available online? go to <http://dalton-ma.gov> and click on the link. Thanks to Louise Frankenberg, it is available nearly 2 weeks before you receive it in the mail!

LIFE with Jean Poopor

Jean Poopor, a Dalton resident and Senior Center volunteer, leads, an hour of socializing and enrichment, twice a month at Craneville Place. Ongoing since 1999 the Dalton Senior Center has offered the LIFE (Living is for the Elderly) group at Craneville Place. LIFE is a national program whose purpose is to help assisted living facilities and nursing home residents enhance the quality of their lives.



When you ask the Craneville Place staff about the Monday LIFE activity at their facility you hear: "Our residents love visitors. They look forward to this time and especially enjoy the music. It is always fun for them."

Activities, usually organized around a specific topic, could include games, music or story telling and always cookies baked and served by members of the Dalton Senior Center.

December's holiday theme began on the 3rd with the Chanukah story. In traditional dress, Jean recounted the history of the Menorah to explain the eight days of Chanukah. She showed a toy dreidel and coins and explained their role in the celebration. The men and women participated in a sing a long accompanied by organist Dick Mulens.

For December 17th, Jean arranged for Anne Marie Desautelle to direct the Wahconah High Chorus in a selection of Christmas carols and Holiday songs. Their beautiful renditions of popular selections delighted all present. The residents displayed obvious enjoyment with the young voices eliciting foot tapping, beaming smiles, and lots of dance movements from the audience. Many sang along with the students. One woman waved her

paper napkin with Santa's face high above the table when she heard "Here Comes Santa".

On December 20 Dalton Senior Center and Craneville Place enjoyed a luncheon.

Three years ago Jean Poopor agreed to take responsibility for the LIFE group after only a few months of retiring from years of teaching first and second graders. Explaining how this came about she said, "A couple of years ago I observed a Life group activity at Craneville Place. One woman's smile lit up the room and her enthusiastic rendition of God Bless America hooked me into agreeing to coordinate future programs".

In addition to organizing the LIFE Group, Jean serves on the Council on Aging Board, the Dalton Beautification Commission and volunteers at the Dalton Senior Center.

"Some people are natural givers." According to Kelly Pizzi, Director of the Dalton Senior Center, Jean Poopor is a wonderful example.

Story and photo submitted by Margaret Cahill

Questions about your
pension, 401(k), or other
retirement plan? Help is here.



Contact us to:

- Appeal benefit denials and correct miscalculations
- Track down retirement benefits from former employers
- Obtain and explain complex retirement plan documents

Our service is free.

New England Pension Assistance Project

www.umb.edu/pensionaction
888-425-6067

Exercise your brain with the
Dalton Senior Center Word Find

Find the following Center related words in
 the puzzle

acrylics	oil painting
bridge	osteo exercise
bridges program	pitch
cafe	quilting
computers	senior
dalton	shake your soul
knitting	tai chi
life	travel
line dancing	triad
lunch	volunteer
mahjongg	

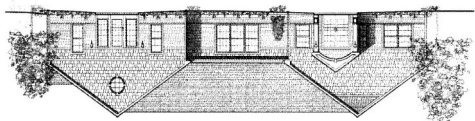
k g o n s t r d h l i f e b e
 g f w s r v a e t c m l r o s
 n u p a c i p u v a t i i i i
 i h v v r i l o h p d i d l c
 t e r t w z l j j g y g p p r
 l u o s r u o y e k a h s a e
 i p i p n n f s r r w d v i x
 u m n t g e p u n c i b b n e
 q j e g g r n o t l a d j t o
 q e s d o k n i t t i n g i e
 r l i g s r e t u p m o c n t
 r r r l i n e d a n c i n g s
 b a h c n u l c r v p a k t o
 m x l s n s t a i c h i f u p
 j z z j l z u x b l l x j e z



Doctors' Tablet Use Almost Doubles In 2012



The Dalton Senior Center is a proud participant in TRIAD. TRIAD is a community collaboration with local law enforcement including Dalton & Hinsdale PD, Dalton Fire, Berkshire County Sheriff's Office, Berkshire District Attorney's Office. We meet the third Wednesday of every month at 1 pm here at the center.



Board of Directors

Kelly Pizzi, Dalton
Marcia Brophy, Dalton
Helga Knappe, Dalton
Sonny Nelson, Becket
Joan Moylan, Becket
Rose Borgnis, Washington

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HILLTOWN ASSOCIATION OF
 COUNCILS ON AGING, INC.

Phone: 413-684-2000
 Fax: 413-684-4033
 Email: dcoa@bcn.net

400 Main Street
 Dalton, MA 01226

PROGRAMS & EVENTS at the DALTON COA:

(NOTE: CENTER PROGRAMS HAVE A \$2 FEE PAYABLE TO THE SENIOR CENTER, SOME HAVE ADDITIONAL TO INSTRUCTOR FEES; EXCEPT SENIOR LUNCH. A \$2 DONATION IS PAYABLE TO ELDER SERVICES ONLY)

LUNCHES: Mondays and Thursdays at noon. Make your reservation at least 24 hours ahead, call 684-2000, Donation.
 Soup & Sandwich, Tuesday, Wednesday & Friday \$4.00

OSTEO-EXERCISE: Tuesday and Thursday 10-11:30 and 12:30-2 (no afternoon class the first Tuesday of each month).

FOOT CLINICS: Fourth Friday 9-3 by appointment.
 Call 684-2000 FEE: \$25

BLOOD PRESSURE CLINIC: Fourth Thursday 10-12 FREE

PITCH: Fridays 9:30-11:30 Recruiting new and seasoned players now!

BRIDGE: 1-4 Thursdays.

PAINTING CLASSES: Oil: Tuesdays, 12:30-3 Instructor Fee: \$15
 Acrylic: 1-3 Mondays. Fee \$10

MAH JONGG- Wednesdays 1-3.

KNITTING/CROCHETING Tuesdays 1-3

QUILTING Thursdays 10:30-3

TAI CHI Thursdays 1:30 sliding instructor fee: \$5-\$8

SHAKE YOUR SOUL Wednesdays 10-11 Instructor Fee: \$3

COMPUTER CLASSES-Dates & times vary. Call for more information

Volunteer Drivers

Needed, back up drivers for the COA Chair-lift Van. Training will be provided. Must consent to a CORI background check. Please call Sarah or Kelly at 684-2000 for more information.

Council on Aging Events off Site:

"Veteran of the Week":, from the Veteran's History Project shown Saturdays on Chanel 16 of Time Warner Cable.

Life Program: (Living is For the Elderly) is held at Craneville Place.

Lunch Bunch: Please see bulletin board for up-dates